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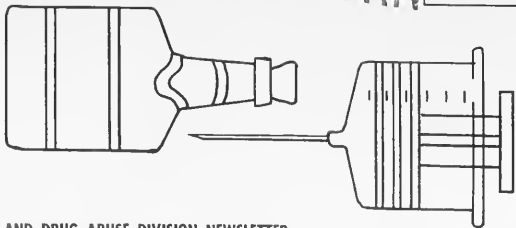
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MONTANA ALCOHOL AND DRUG ABUSE DIVISION NEWSLETTER

Volume 4, Number 3

Oct.-Nov., 1978

Women Offered Empty Hand

"We're holding out an empty hand to the alcoholic or drug abusing woman," the Montana Task Force on Women and Substance Abuse was told at an October meeting in Helena.

Some of the social and personal factors making it difficult for women to obtain or profit from treatment are:

- Isolation. Many "hidden drinkers" stay in their homes and do not come to anyone's attention.
- Fear that children will be taken away. This is a legitimate fear as children are often placed in foster homes if their mother requires inpatient treatment.

—The social stigma of alcoholism or addiction. Women substance abusers in small towns are often rejected by community members.

—The frontier tradition which demands that everyone "be strong" and take care of her own problems.

—Spouses, who often interfere with or try to prevent treatment. In many cases, husbands of alcoholic women do not co-operate with treatment centers, join Al-Anon or do any of the supportive things that wives of alcoholic husbands usually do.

—Montana's high rate of alcohol consumption and acceptance of drinking. Often the bar is the only meeting place and social center in town.

—The ease of obtaining prescription drugs from doctors. Women substance abusers may be misdiagnosed as being "nervous" or "depressed" when they seek professional help for their problems. The result can often be a prescription for tranquilizers or other drugs.

—A lack of resources for recovering abusers to use in structuring their time. Rural areas often have no jobs, no training opportunities, and few opportunities for volunteer work.

—A low self-image which makes many women unwilling or afraid to utilize the resources that are available.

The Task Force was formed in March by the Alcohol and Drug Abuse Division (ADAD) of the Department of Institutions for the purpose of providing citizen input for women's treatment policy. It is working to formulate a policy which will be implemented by the ADAD and by treatment programs throughout the state.

Planning Contract Signed

A contract for \$32,497 to fund statewide prevention planning activities was signed in September by the Alcohol and Drug Abuse Division (ADAD) and the National Institute on Drug Abuse (NIDA). The contract will provide for the development of a comprehensive prevention plan for Montana.

The plan will enable the Division to determine funding priorities for new as well as existing prevention projects. Long-term planning will also assist the Division in initiating prevention activities which are most appropriate to Montana's situation.

The contract is renewable for up to three years.

Merry Christmas

If you wait for your brothers
to be come worthy of being loved,
you will wait for the rest of your life.
Because they are waiting
for you to love them
so they can be worthy of your love.
They need to be loved
if they are to become better.



Research Grants Money Available

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) expects to have approximately \$3,000,000 in fiscal year 1979 to fund new and competing renewal alcohol research project grants.

The Alcohol Research Grants Program of the NIAAA is devoted to increasing knowledge and understanding of the causes, nature, and methods for prevention of alcohol abuse and alcoholism, and to developing new or improved methods for the treatment and rehabilitation of affected persons. Research supported by the Institute ranges from fundamental studies on the mechanisms of the action of alcohol on mental and physical processes, to applied research and developmental activities.

The following areas represent current priorities of the Alcohol Research Grants Program of the NIAAA:

- (1) Fetal Alcohol Syndrome, (2) Genetic Research, (3) Central Nervous System, (4) Amethystic Agents, (5) Endocrinology, (6) Cirrhosis and Alcoholic Hepatitis, (7) Alcohol and Peripheral Organ Pathology, (8) Metabolism, (9) Nutrition, (10) Diagnostic Tests, (11) Behavioral and Psychosocial Research especially into areas such as women, youth, and the family.

Applications for alcohol research grants may be made by any public or private non-profit organization such as a university, college, hospital, or laboratory; units of state or local government; or by individuals.

Applications will be reviewed by an Initial Review Group (IRG) and the National Advisory Council on Alcohol Abuse and Alcoholism. The schedule for new applications is:

Receipt Date	IRG Review	Council Review	Earliest Funding
Mar. 1	May-June	Sept.	Dec. 1
Jul. 1	Oct.-Nov.	Jan.	Apr. 1
Nov. 1	Feb.-Mar.	May	Aug. 1

Morris Wins APT Contest

Helen Marie Morris, Lewistown, was Division I winner in the Alcoholism Prevention Trust student essay contest, and Kimberly Ann Yates, Malta, topped Division II.

Other prize winners were: Division I (grades 7-9) — 2nd prize — Robert Alvin Walborn, Fort Benton; 3rd prize — Sharri Renea Foucher, Sand Coulee; Division II (grades 10-12) — 2nd prize — Beatrix Johanna Sol, Missoula; 3rd prize — Lisa June Barton, Seco.

The winning essays clearly demonstrated that the students had done their home-work and varying amounts of independent thinking. Only two of the winning writers addressed the currently controversial drinking age issue. They recommended raising the age to 21.

Some of the observations made by contest winners are:

—"Within the high school environment there are basically two groups of people; these are the drinkers and the non-drinkers. Upon entrance into high school, a student automatically finds himself slotted into either the drinking or non-drinking classification."

—"As a whole, teenagers are not responsible drinkers. They do it to impress somebody; they don't use any self-control; usually they will drive when they know they shouldn't. Most, if they have enough alcohol available, will go until they are really drunk."

—"If kids had a way to have fun other than drinking they would not depend on it so much for entertainment."

—"What can be done to help Junior High kids when it comes to alcohol? First I would set up activities that would keep kids my age busy, not pressured to compete and win, but fun type things that are only for enjoyment, to teach them how to play and have fun without alcohol."

—"Boys especially, are likely to compete with other boys over drinking and try to show who can 'hold' their alcohol best. Girls, however, drink to be sophisticated. Still another reason for teenagers to drink, is that it is against the law . . . this makes it a challenge to them to do something which is illegal."



Terry Stanchif (left), ADAD training director, assists Ron Spurlin, Montana Council on Alcoholism director, with the Council's display at the Governor's Conference on Families held in Helena Nov. 17 and 18.

Spurlin Directs MCA

Ron Spurlin has resigned his position with the Alcohol and Drug Abuse Division special services section in order to become director of the Montana Council on Alcoholism.

He regards his new job, traveling the state to organize the people concerned with alcoholism, as an avocation as well as a vocation. "I will take the word to anyone who will listen," he says.

Spurlin thinks of himself as a single issue person and enjoys the similar dedication of groups such as one in Conrad he likes to tell about. Twenty-five people came out in adverse weather for a meeting that was not held because of a scheduling mix-up. The meeting was re-scheduled for the next night and 23 people came back.

Part of Spurlin's new job will be working with the legislature, where he successfully lobbied in 1977 for passage of the alcohol tax bill, HB 627.

Popcorn, Anyone?

by Candice Compton

"Popcorn, anyone?" featuring reviews by office film fan Candis Compton will be a regular HABIT feature. Compton is willing to share her space and welcomes other reviews of films, books or similar material bringing light to the field.

"Alcohol, Drugs or Alternatives?"

Sandler Institutional Films, Inc.

25 minutes, \$330

This film stars Christopher George and Tommy Smothers talking with half-way house residents about peer pressure, negative self-image, and coping mechanisms. Smothers manages to use his wry humor to poignantly exhibit how these are used in every day life.

Some important questions that are addressed in this film are: "Is it problems with drugs alcohol or problems with people?" "Drugs make things seem to be better." "Do feelings of inadequacy interfere with an accurate appraisal of yourself?"

While this film is directed toward youth, it would also be very effective with adults in initiating discussions on these personal topics.

On a rating scale of 1-5, I would rate it a 4.

Boozers and Users

Harper and Row, Publishers

2350 Virginia Avenue

Hagerstown, Md. 21740

26 minutes, \$360

This film covers a broad range of drugs, licit and illicit, their use and abuse. Alcohol is considered the number one drug, and much time is spent discussing dynamics of the disease alcoholism, some methods of intervention, and societal pressures which reinforce drinking. Nicotine addiction is addressed, as is use of barbiturates and amphetamines.

I hate to say this movie is a complete waste of time; actually in terms of familiarization with timeworn stereotypes of practically everyone and everything it is excellent.

On a scale of 1-5 this rates a 2. (The popcorn was good.)

Alcoholism — Related Groups Define Missions

There are a number of organized interest groups involved in one way or another with alcoholism in Montana. Three of them are the Alcoholism Prevention Trust (APT), the Montana Chemical Dependency Association (MCDA), and the Montana Council on Alcoholism.

ALCOHOLISM PREVENTION TRUST

The APT is a private non-profit organization concerned solely with prevention of alcoholism and alcohol abuse. It is not involved in either treatment or education and directs its efforts primarily toward teen-agers.

Among the trust's projects has been a student essay contest which received 209 entries throughout the state. The contest was open to junior and senior high students and offered a total of \$1400 in cash prizes. It was more successful in rural areas than in metropolitan ones according to Donald L. Holmes, trust director. See page 1 for list of winners and excerpts from winning essays.

The trust is supported by donations and has secured a Havre public relations firm to assist with fund-raising.

MONTANA CHEMICAL DEPENDENCY ASSOCIATION

The MCDA defines its purpose as being an advocate for professionals employed in chemical dependency services in Montana and replaces the former MCDA Programs of Montana (APM).

The MCDA is presently concerned with guidelines for certification of alcohol and drug abuse counselors. Members want to be sure that clients are receiving the best possible treatment from qualified counselors.

MONTANA COUNCIL ON ALCOHOLISM

The Montana Council on Alcoholism, an affiliate of the National Council on Alcoholism, is a broad-based consumer-oriented advocacy group. The purpose of the council, according to director, Ron Spurlin, is to identify community needs and see that they are met.

At present the council is working on a comprehensive needs assessment which will include identifying demographic features which impact local services and their delivery. Montana's ten largest counties will be studied. Lincoln County has been completed at this time.

The next major thrust of the MCA activity will be a volunteer resource development program which will train volunteers to assist professionals in such things as transportation, housing, and peer counseling.

The Council's ultimate goal is to have district councils throughout Montana. Membership in the council is not limited to alcoholics but is open to all people who are concerned about alcoholism.

Alcohol programs are encouraged to contact their local newspapers and broadcast media to arrange for publicity encouraging safe holiday hosting and low- or no-drink driving.

Prevention Evaluation

by Dick Rice

Two questions frequently asked by state legislators, the Congress, and the general public are: "Do drug programs really work?" and "How do we know?" These questions are legitimate and the right ones to ask about prevention, but they have proved difficult to answer.

Although progress has been made by several states to assess the effectiveness of their prevention programs, a federal review of all state plans for FY 78 found that no individual state has the resources necessary to resolve the numerous measurement and design problems confronting prevention evaluation.

The National Institute on Drug Abuse (NIDA) in response to the need of policy makers to know the effects prevention programs have on the drug use attitudes and behaviors of youth, parents, teachers, and other participants in prevention projects has initiated a contract with several states to identify prevention evaluation needs and design the components of a national prevention evaluation resource network.

It is the purpose of the NIDA-NPERN (National Prevention Evaluation Resource Network) contract effort to provide the incentive and the conceptual framework by which states can work to meet their needs for prevention evaluation information, technical assistance, and expertise.

NPERN is a consortium of three states (Wisconsin, New Jersey, and Pennsylvania) brought together through the NIDA contract to achieve these main objectives:

a. identify the prevention evaluation needs of States and local programs.

b. design the components of a National Prevention Evaluation Resource Network that will provide states with the evaluation information, technical assistance, guidance and evaluation expertise needed to assess the effectiveness of drug abuse prevention programs.

c. pilot test the prototype Prevention Evaluation Resource Network in order to assess the Network's operational strengths and weaknesses and finalize the design of the Network.

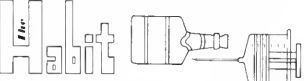
d. prepare a user's monograph that will describe the Network's service capability and the administrative procedures to access the system.

So that all states and local programs may have maximum opportunity to provide input into the identification of prevention evaluation needs and the design of the components of an evaluation resource network, the data collection process has included a series of three regional prevention evaluation workshops. These workshops were designed as "needs assessment" seminars during which the three consortium states learned from other state participants their current evaluation research activities, experience in instrument selection and development, and their general recommendations for the design, development, and implementation of a national prevention evaluation resource network.

The third regional NPERN workshop was held in Denver October 15-18. Montana was represented at the Denver workshop, as were Wyoming, Idaho, and South Dakota, among others. These states with rural characteristics similar to ours helped present issues and concerns which are relevant to smaller programs or prevention projects which receive funds for only a short period of time.

The Denver workshop date will be organized and interfaced with the results of the two regional workshops for other states.

All of the information will be centralized and available to the ADAD Prevention Coordinator.



THE HABIT is the newsletter of the Alcohol and Drug Abuse Division of the State of Montana, Department of Institutions.

Michael A. Murray, Division Administrator
Robert W. Anderson, Reporting and Evaluation Bureau Chief

Editor: Lynne Scott; Photography: Jim Scott; poem: p. 1, from OUR PRAYER, by Louis Erley, Herder and Herder, pub

Comments and suggestions from readers are invited: phone (406) 449-2877 or write ADAD, Department of Institutions, 1539 11th Ave., Helena, MT 59601

Training Calendar

JANUARY

Short Term Client Systems — Wed. 10-Fri. 12.
Family Counseling — Mon. 15-Fri. 19.
Assertiveness Training — Mon. 29-Wed. 31.

FEBRUARY

Fundamentals of Program Evaluation — Mon. 5-Fri. 9.
Group Counseling — TBA (to be announced).
Marriage & Divorce — Tu. 10-Wed. 21.

MARCH

Basic Management Series — Week of 5th-9th, 3 days.
Training Group — TBA

APRIL

Training of Trainers — Mon. 2-Fri. 6.
Assessment Interviewing for Treatment Planning — Mon. 23-28.
Basic Management Series — Week of 16-20, 3 days.

MAY

Community Based Prevention Specialist — May 7-11.
Family Counseling — TBA.

JUNE

Adolescents: Intervention Strategies — Mon. 4-Fri. 8.
Women in Treatment — TBA.

Probable additional workshops will be: 1. Changing Life Styles. 2. How to get clients in the door. 3. Coping & Stress Management Skills.

Rural Drug Program's Problems Studied

"The nonurban drug abuse client is different from his/her urban counterpart," say researchers who recently concluded a study of selected nonurban programs across the country.

"The clients are typically young, with marijuana, amphetamine, and alcohol problems predominating," says a report prepared by BRX, Inc. and the Institute for Research, the two Virginia consulting firms which conducted the study under a NIDA contract. "The majority of programs in nonurban areas are drug-free. Residential and methadone maintenance programs are rare."

In addition, many of the sites visited in the survey of 59 programs had satellite facilities to deliver services to clients geographically dispersed within their catchment areas. Many of the programs had to deal with the problem of transportation because of this geographic distance.

"One way of coping with this problem was the development by one program of a volunteer transportation pool," they reported. "The pool consisted of a large group of community volunteers who used their own cars to drive neighbors to and from the program. The program reimbursed each volunteer for mileage incurred while driving clients, a feature which made this service attractive and feasible for its participants," they said.

Another common problem identified by the researchers was the need to get public information out to the community, to learn more about the concerns of the community, and to gauge more accurately the nature and extent of the local drug abuse problem. "This was particularly difficult," they said, "because many nonurban programs consist of one- or two-person staff whose time must be carefully allocated to meet client needs."

However, to resolve this problem the site visitors found two nonurban programs that initiated a question-and-answer column in their local high school newspapers to disseminate accurate drug information and to answer questions about drugs and behavior. "The key to the column's effectiveness seemed to lie in its integrity and format," said the researchers. "This approach was so favorably received that the concept was expanded to a drug alcohol abuse and parenting column for the local newspapers."

"Another problem commonly experienced in nonurban areas," the researchers reported, "was the shortage of formal social service agencies. To deal with this problem, one program established a 'People Helpers Workshop' to educate barbers, hairdressers, bartenders, waitresses, and others who work in situations where they are in contact with people with substance abuse problems, and who may be able to intervene on behalf of these people."

"The course," they said, "offers to improve the

Board Formed in Anaconda

SMDP NOTES

The Anaconda satellite of the SMDP has established a community advisory board working solely with the drug program. Until the new board was formed mental health and drug program boards had been combined and the drug program staff felt that the joint board's meeting time was spent almost exclusively on mental health.

The new board's first meeting was held Nov. 16. Members attending were: Lorene Frigaard, Southwestern Mental Health Center; Dulcie Jones, Deer Lodge Co. Welfare Dept.; Michael Fiorito, Anaconda Public Schools; Peggy Walsh, Anaconda High School; Paul Miller, Powell, Co. Alcohol Center; and Kitty Cutting.

SMDP was represented by Darryl L. Bruno, Administrative Director; Dick Rice, Director of Treatment and Rehabilitation; Betty Stroobants, Treatment Unit Director; Mike Mohs, Counselor, and Nancy Longthorpe, Secretary.

Bruno explained the history and operation of the SMDP and the regional advisory board which consists of two members from each treatment unit. Rice explained the role of local advisory boards.

The board can be vital in enlisting community support, soliciting funds and equipment, establishing liaisons with appropriate community agencies, and serving as spokesmen for the program.

skills of the participants by teaching them about the effects of drugs and alcohol, basic counseling/empathetic listening techniques, the local resources appropriate for specific problems, the legal problems of intervention, and the signs of problems which need immediate attention."

The researchers also found that staffing was a problem in nonurban areas. "Locating specialized staff or supporting staff in rural areas can be especially acute," they said. But they did find that some programs had found some innovative solutions to this problem. "Some were taking advantage of retired senior citizens, hiring staff made available through the CETA program, and using VISTA volunteers or other types of volunteers."

"Prevention efforts are also stifled in rural communities," said the researchers, "because they cannot reach sufficient numbers of youth, who live very far from one another, to justify their cost. However, nonurban areas believe there is a need to provide prevention-related programs aimed at these youth, whose use of alcohol and drugs appears to be increasing."

"In one small town in the Southeast," they reported, "a prevention program is addressing the problems underlying drug abuse through a series of innovative workshops for teachers, with the idea that the consolidated school system offers the one common point for the area's widely dispersed youth population. They believe that teacher-training is the most cost-effective vehicle for assuring that too's helpful in working through problems will be communicated to students on a regular basis. The primary goal of the teacher workshops is to prevent abuse by helping young people achieve a more positive self-concept."

"Another rural community, disturbed by a survey depicting high rates of drug and alcohol use among its elementary and secondary school students," they said, "decided to operate an alternatives program for all members of the community using the facilities and resources of the local school system. The Community School Program provides youth with recreational and learning experiences outside the school-day activities, stimulates and promotes community interest in its youth through involvement in program planning, implementation and participation, and offers youth alternative activities, ultimately to reduce drug abuse in youth."

"Another program," they reported, "offers a free employment placement and referral service for adolescents."

The report, "Nonurban Drug Abuse Programs: A Descriptive Study," is available from the National Clearing House for Drug Abuse Information, 5600 Fishers Lane, Rockville, MD 20857.

Brassell Joins Staff

Cecile Brassell, a Georgia native, has joined the staff of the Southwestern Montana Drug Program Helena satellite. She came to Montana a year ago because her husband-to-be came here on vacation, fell in love with Montana, and decided this is where they had to live.

Brassell is happy with his choice, not discomfited with the winter weather, looking forward to learning to ski, and singing with BANDIT, a rock band.

She became acquainted with Helena young people last year while working as a substitute teacher in Helena and Capital High Schools. In the drug program she can continue to work with youth, which she enjoys doing because, she says, "When they are young, there's always hope."

Brassell has an M.A. degree from Georgia State University and is working as a counselor at the satellite.



CECILE BRASSELL

SMDP Grant Awarded

The SMDP has received its formal notice of grant award for the 07 grant year — Nov. 1, 1978 to Oct. 31, 1979. The total approved direct cost budget is \$516,277, which is 60 percent federal and 40 percent state and other.

The assigned static matrix is 300 outpatient clients and 10 residential contracted through Lighthouse at Galen.

In addition SMDP is expected to receive a 5 percent inflation increase in the upcoming year.

Stamp out Marihuana! and/or Grass Ain't All Bad

For any of you who have wondered what they really think about back in Washington, the HABIT offers the following, culled from the material that passes through the office:

Lee Dogoloff, Chief of the White House Drug Abuse Policy Staff, said, at the 29th annual meeting of the Alcohol and Drug Problems Association of North America:

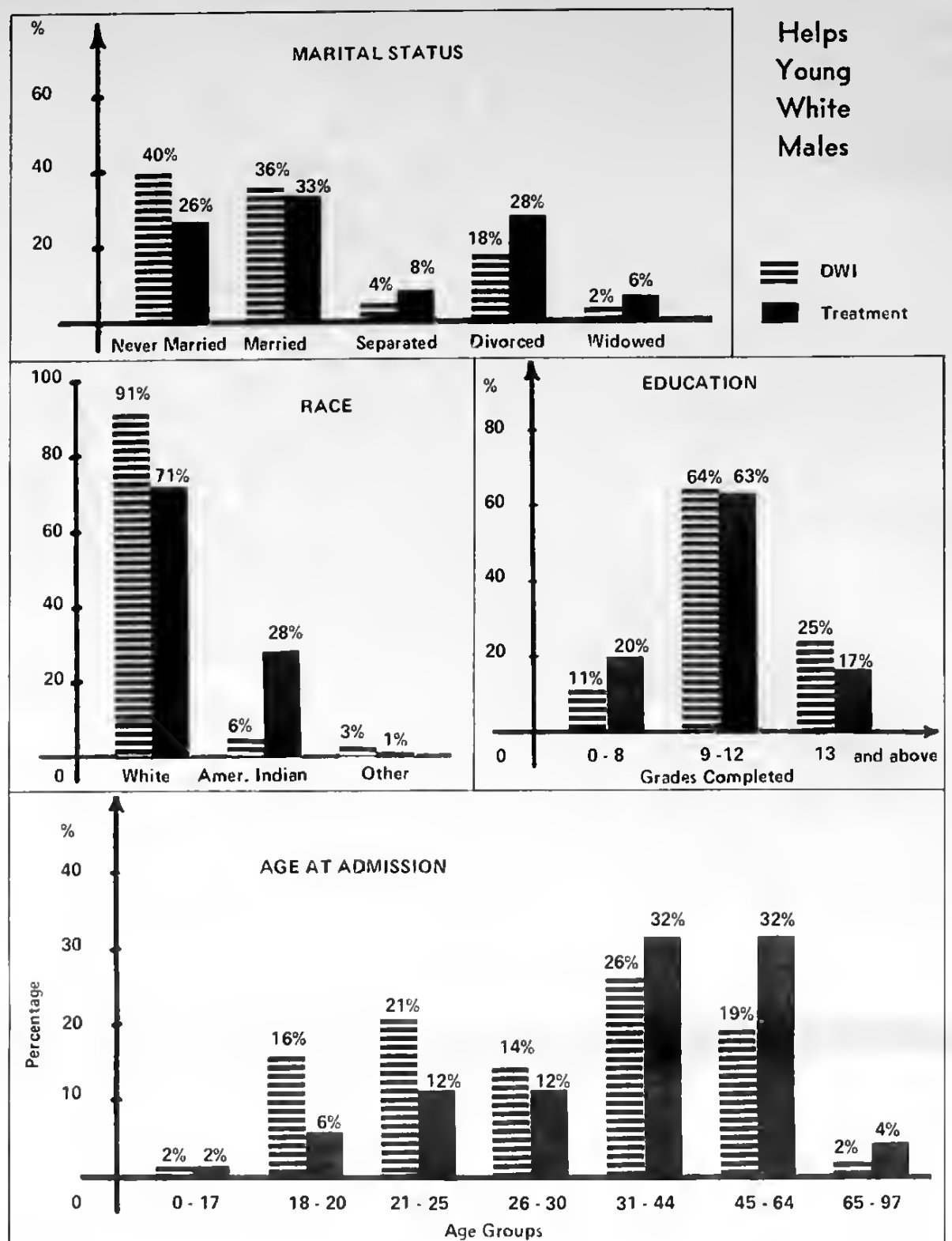
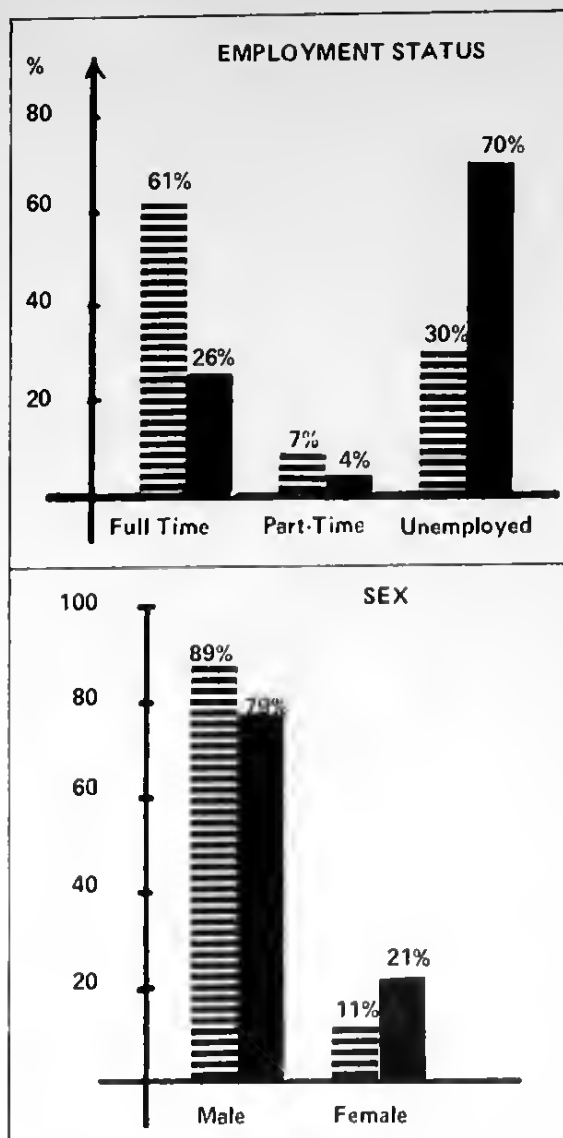
"Our goal with young people is to discourage all psychoactive drug use — alcohol, marihuana and tobacco included. I am afraid that our previous focus on heroin has caused people to fall into the trap of believing 'heroin is serious, therefore marihuana isn't'."

On the other hand, the President's Commission on Mental Health Task Panel on Psychoactive Drug Use Misuse recommended:

"Materials and programs aimed exclusively at preventing all psychoactive drug use should be halted immediately. The Government has lost credibility by promoting total abstinence from psychoactive drugs."

The government's position of drugs is now perfectly clear — isn't it?

Data Supports Court Schools as Early Intervention



Helps
Young
White
Males

▨ DWI
■ Treatment

Analysis of Histogram Data

As mentioned in the FY 1979 State Plan, Montana Court Schools (DWI schools) can be seen as a source of early intervention for alcohol abusers. Forced attendance at these schools can lead to recognition, by the individuals, of disruptive effects of drinking in their lives.

The charts (histograms) presented on this page compare several characteristics of 979 clients entering Montana Court Schools (DWI) compared to 4776 primary alcohol admissions to treatment programs. This sample includes all individuals admitted to both categories during FY 78.

As displayed in the histograms, individuals admitted to Montana Court Schools tend to be young, employed white males. 53 percent of all DWI students are aged 30 years or younger. 89 percent are male and 91 percent are white.

The educational level of DWI students is slightly higher (mean years of education completed is 12.1 for DWI as compared with 11.2 for treatment).

A big difference in employment status is noted as 68 percent of all DWI clients are employed part or full time whereas 70 percent of persons admitted to treatment programs are unemployed. This employment figure is undoubtedly influenced by individuals' job loss for alcohol-related problems.

Comparison of marital status information shows fewer DWI clients in the disrupted categories of "separated," "divorced," and "widowed." This reflects the younger age of the Montana Court School students, who have had, as a group, fewer years of marital experience and less time for development of serious marital problems common among families of long-term alcoholics.

The data suggests Montana Court Schools are performing important intervention functions by forcing young, employed, white, males to confront problems directly associated with alcohol abuse. This is probably occurring before they would consider voluntarily seeking information or treatment for drinking problems.

During the remainder of this fiscal year, we will continue comparative analysis of Montana Court School clients and clients entering treatment. The results of these studies will be available for prevention or educational programs. If you have suggestions for specific analysis which would be useful to your program call Dick Petaja at ADAD, 449-2827 and we will examine the problem.

Data Gap Found for Women and Alcohol

There is a "vast gap in the available data" about alcohol abuse among women a recent National Institute on Alcoholism and Alcohol Abuse workshop learned. The workshop, devoted to research issues, concluded that "most investigators in the alcohol field have neglected to (1) study women at all; (2) utilize data on female subjects in final reports; or (3) differentiate between male/female subjects in reporting on alcohol use/abuse studies."

However, research which is available includes the following findings that alcohol workers might find useful:

—A 25 year follow-up study of students indicated that "for females the best predictors in youth of later problems with alcohol were youthful drinking motivations and attitudes, represented by drinking to get along better with the opposite sex, or help 'solve' problems, among other tendencies."

—The same study showed that "students who are upwardly mobile socially tended to outgrow drinking problems, while students who stayed in the same social class, were moving downward socially, or dropped out of college, did not outgrow their problems."

—The rate of completed suicides among female alcoholics is 23 times the rate for females in the general population. Studies in suicide and alcoholism seem to suggest that alcoholic women outnumber alcoholic men in terms of both attempted and completed suicide.

—"A larger proportion of women than men suffer from portal cirrhosis associated with heavy drinking, and women patients, on the average, die

at an earlier age — 48.6 years versus 56.3 years for men. A number of studies since 1945 have substantiated the sex differences in the prevalence of hepatitis and cirrhosis of the liver. Women appear to develop cirrhosis at a lower level of alcohol intake and following a shorter duration of excessive drinking."

—According to some studies, "the same dose of alcohol corrected for body weight, will apparently produce higher blood alcohol levels in women than in men. This is compounded by the fact that women usually weigh less than men, so that the same dose of alcohol will have a greater effect on women. Blood alcohol level varies at different times in the menstrual cycle."

—A combination of risk factors distinguish women problem drinkers from women with other kinds of problems. They are: "Childhood deprivation, stormy adolescence, lack of trust, sex role conflict, low frustration tolerance, a view of alcohol as medication . . . and the presence of a heavy problem drinker in the family."

—Clinical studies have used predominately white middle class samples and may not apply as well to women of other socio-economic backgrounds.

—Studies indicate a drug abuse history in alcoholic women. Librium is commonly abused and some studies indicate that it is usually prescribed by physicians.

—Information excerpted from ALCOHOL HEALTH AND RESEARCH WORLD, fall 1978, an NIAAA publication.